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MEMBER CDS
Rejuvenation / HTLC (Transforming Life's Challenges)

Rejuvenation

This meditation guides you into an experience of renewal and regeneration: first, within a timeless garden; and second, within a fountain that flows from the Source of all life. Your entire being is balanced, cleared, and rejuvenated by the life-enhancing waters. Rejuvenation was scripted and voiced by TMI residential trainer Patricia Peters.

TLC (Transforming Life Challenges)

This exercise was originally designed for those who are facing physical health challenges. Its intent is to bring hope, centeredness, and a greater understanding of the wisdom contained in the gifts that lie behind those challenges. The listener may also adapt TLC to help cope with any significant life challenge. Simply relax and follow the verbal guidance throughout the exercise.

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